

Travel Tips from the Warriors to Lourdes Medical Staff

Health Insurance Card:

- Bring it, you may require it on the ground.

Accurately fill out your application:

- Please detail all your medical issues in your application so we can prepare to provide for your needs.

Medications:

- Bring **ALL** your prescription medications with you as our medical staff cannot write prescriptions for you in France. Bring **TWICE** what you need, and **SPLIT** the meds up in case you lose half of them together with a piece of luggage. The Sanctuary clinic can help us with some common items if lost, and is able to write prescriptions; you would then need to go into town to fill them. Over the counter meds are locally available; you will need to pay in euros or by credit card for them if needed. We recommend bringing your own OTC meds.

Electronic devices, including CPAP machines:

- Check the voltage capability on your machine. 110/220/240v will require an adaptor (bring adaptors with you anyway, you'll want them to recharge your phones). If your machine only uses 110 volts, let us know ahead of time, so we can ask the hotel to provide a converter.
- For CPAP machines – distilled water is locally available, and we plan on purchasing some prior to your arrival, so do not bring it with you.

Physical limitations and wheelchair needs:

- Please detail all your physical limitations in your application so we do not exceed your limits. Let us know if you think you may need a wheelchair before you travel (there is a lot of walking in Lourdes). We can arrange for local procurement early in the week, but if you wait to tell us until you arrive, there may not be any left. We will have plenty of volunteers to push a wheelchair if needed. Mobility limitations are also important to know upfront so we have the right bus configurations for airport transportation.

Personal wheelchairs:

- If you are bringing your own wheelchair, you will need to provide the airline with the specifications, especially if you have a motorized wheelchair. Whether you use a motorized or manual wheelchair, we need to know ahead of time so we properly arrange bus transport to and from the airport near Lourdes.

Dietary restrictions:

- Please detail your dietary restrictions in your application. Our hotel hosts are eager to accommodate any and all dietary restrictions. They will provide you with a personal sign for each meal to ensure you are properly served.

Allergies:

- If you have an EpiPen, bring it with you.

Bring a reusable water bottle:

- The weather was very warm last year and there is a lot of walking on pilgrimage. They do sell water bottles locally, but it is cheaper to bring your own

The WTL medical staff and local support

- Every year we have a number of nurses, doctors and psychologists come as volunteers. They are happy to assist you, and often have some basic equipment and medications with them. They will always be available to talk and to advise. We will be prepared to provide first aid and initial assessment, to stabilize, and to arrange transport to more definitive care.
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- The Sanctuary has a **basic medical clinic for pilgrims**, and the staff is very helpful. They perform basic assessments and triage, have some medications on hand, but do not have x-ray or lab capabilities. We will have translators with us, but please note that translation slows the evaluation process down. The clinic staff, as well as all volunteers, are used to dealing with gravely ill pilgrims; but they are not configured to provide inpatient or sustained care.
- The **local hospital**, located about one mile from the Sanctuary and our hotels, has a nice ER and the staff is very helpful.
- **If you require an ambulance, you are responsible to pay for the ride – 100 Euros – in cash.** The Sanctuary clinic can arrange for alternative transport if deemed medically appropriate.